



U K E
T A M O
HOTEL





此圖為示意圖

嶋開安旅·台北 HOTEL UKETAMO TAIPEI

房間數 NUMBER OF ROOM	111 間
餐飲 F&B	慢走 披薩咖啡廳 MN ZO Pizza Café Bliss & Bone 餐廳與酒吧 Bliss & Bone Restaurant & Bar KIMAMORI 茶席 KIMAMORI
療癒 DESTRESS	Avata Wellness Taipei 瑜伽自癒中心 Avata Wellness Taipei
開幕時間 OPENING	2025年

在喧鬧的都市獲得身心靈的平靜 Tranquility for your mind, body, and spirit in the bustling city

嶋開安旅 Hotel Uketamo 是台灣第一家注重健康療癒的主題飯店，為福泰飯店集團第五個自創品牌，取名「嶋開」字源音譯日本山伏修驗道的核心哲學「Uketamo 承もう」，中文是「接受一切」的意思，與老莊的「順其自然」和尼采提出的「Amor Fati 熱愛命運」概念異曲同工，接受生命的一切，「嶋開」反著念音似「開悟」，接受臣服，讓自己正念平靜，透徹清晰後才能做出最好的判斷。

Hotel Uketamo is Taiwan's first wellness hotel brand, the fifth brand of the Forte Hotel Group. The name "Uketamo" is derived from the Japanese Shugendo philosophy, meaning "acceptance to the core." This concept resonates with Laozi's idea of "let nature take its course" and Nietzsche's notion of "Amor Fati" (love of fate), emphasizing acceptance of all aspects of life, both good and bad. The phonetic reversal of "Uketamo" resembles "kai-wu," which signifies enlightenment. By fostering clarity and mindfulness, we can make the best decisions for our own future.

嶋開安旅 位在台北精華地段忠孝復興站步行3分鐘，基地面積佔地約1100坪、樓高16層，以重新歸零為設計理念，營造空間氛圍，提供所有蒞臨的賓客一所安靜放鬆和恢復活力的休憩空間，讓思想、身體和靈魂重新獲得平衡。

Located just a 3-minute walk from the Zhongxiao Fuxing Station in Taipei's prime area, Hotel Uketamo Taipei spans approximately 3,636 SQM and rises 16 floors high. With a design narrative on "recalibrate," the hotel creates an atmosphere that offers guests a tranquil space for relaxation and rejuvenation, allowing their thoughts, bodies, and souls to regain balance.

慢走 披薩咖啡廳 MN | ZO Pizza Café

一樓 / 35 坪 Level 1 / 116 SQM
8 個椅座、8 個站座 / Seats: 8、Stands: 8
營業時間 Opening Hours | 11:00~20:00

現做的傳統拿坡里披薩，每一片都乘載著對健康概念的熱愛，新鮮優質食材搭配天然酵母，以及傳統拿坡里披薩工藝，在品味經典美食時也能輕鬆掌握營養均衡、感受健康的力量。嚴選在地食材、每日新鮮製作輕食三明治，還有新鮮冷壓果汁、穀物奶昔等健康飲品，滿足不同飲食需求。



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舒適的座位區，自然光灑落、綠色植栽點綴期間；這裡不只是用餐的場所，更是都市人的心靈休憩站，在這裡，大家可以選擇獨自安靜地享受一頓健康餐點，或是與朋友優雅地喝點飲品輕聲敘舊，暫時遠離城市的忙碌。

Experience the authentic taste of freshly made traditional Neapolitan pizza, where each slice embodies a passion for healthy living. Crafted with premium, fresh ingredients and natural yeast, our pizzas showcase the artistry of traditional Neapolitan techniques, allowing you to savor classic flavors while effortlessly maintaining a balanced diet and embracing the essence of wellness.

Indulge in our carefully selected local ingredients with daily freshly prepared sandwiches. We also offer an array of healthy beverages including freshly cold-pressed juices and nutritious grain smoothies to cater to diverse dietary preferences.

Our comfortable seating area is bathed in natural light and adorned with lush greenery, creating not just a dining space but a serene retreat for all. Here, guests can choose to quietly enjoy a wholesome meal alone or elegantly sip drinks with friends while reminiscing, all while temporarily escaping the hustle and bustle of the city.

五樓 / 175坪 Level 5 / 579 SQM

134個座位、1個包廂(可容納14位) / Seats: 134 1 PDR: Up to 14 guests

營業時間 Opening Hours | 07:00~21:00

5樓的「Bliss & Bone」提供全天候的餐期饗宴，一場全方位的感官劇場體驗從進門開始，從酒吧、開放式廚房、到熟成肉櫃等，所有餐點就在您的眼前呈現。主廚根據節氣並與小農合作，使用當令在地食材，以簡單的烹調方式喚醒原型食材的風味，餐點設計以「大地循環、萬物有理、生生不息」為靈感來源。規劃早餐「喚醒活力」、商業午餐「延續滋養」、晚餐「與自然同行、食覺啟發之旅」為主題，創造獨特的用餐體驗，主廚推薦菜色包括：全日提供的熟成牛排、當季限定主題套餐。開幕期間以日本山形羽黑山為靈感，創作「山巒」、「雲霧」、「森林」三款限定調酒。

Bliss & Bone at level 5 offers an all-day dining experience that encompasses a variety of culinary stations, including a bar, an open kitchen, and a dry-aged meat counter, where each meal is prepared and presented before your eyes. This immersive sensory experience begins the moment you enter our establishment.

Our chef utilizes seasonal, locally sourced ingredients and collaborates with small-scale farmers to showcase the authentic flavors of the ingredients in a straightforward manner. The essence of our dishes is rooted in a deep respect for the nature, seasons and the ingredients themselves. The menu is thoughtfully designed, drawing inspiration from the principles of "earth's cycle, the logic of all things, and endless life." Our menu is thoughtfully designed with breakfast themed as "Awakening Vitality," business lunch as "Sustaining Nourishment," and dinner



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as "A Journey with Nature, An Exploration of Taste." Chef-recommended dishes include all-day aged steak and seasonal limited-time theme set menus. To celebrate our opening, three limited-edition cocktails are created, "Hills," "Clouds," and "Forest," each inspired by the breathtaking Haguro Mountain range in Yamagata, Japan.

Avata Wellness Taipei 瑜伽自癒中心

六樓 / 157坪 Level 6 / 519 SQM

營業時間 Opening Hours | 07:30~21:30

教室與最大容納人數 Class Rooms & Capacity |

梵 Brahman Shala 20人 實踐 Sadhana 2人

聲 Nada Shala 6人 靈在 Atman 1人

6樓是自尼泊爾引進的國際瑜伽專業品牌 Avata Wellness，從古典哈達、克利亞瑜伽、到尼泊爾的聲音療癒，由專業老師帶領舒展身心瑜伽和頌鉢課程，除了團體課，Avata Wellness Taipei擁有精緻的小班制空間和1對1的專業教室，規劃了獨特的自癒個案課程，像是靈氣冥想、脈輪平衡、脈動呼吸等。

On the 6th floor, you'll find Avata Wellness, an international yoga brand brought in from Nepal. We offer a diverse range of classes, including classical Hatha and Kriya yoga, as well as sound healing practices from Nepal. Professional instructors guide participants through yoga sessions and singing bowl classes to help relax and rejuvenate both body and mind. In addition to group classes, Avata Wellness Taipei provides a sophisticated small group setting and one-on-one professional studios, offering unique self-healing programs such as Reiki meditation, chakra balancing, and pulsation breathing.



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客房樓層介紹 GUEST ROOMS

7-16樓為客房樓層，每層皆設置有奈米等級過濾飲水機，全數111間客房、分做6種房型，以「重新歸零」的設計理念營造空間氛圍，室內採用沉靜低彩度的大地色系回歸自然，使用綠建材環保PP板材質，每間房間皆裝設有頂級空氣清淨機，含有BPI雙極離子抗菌效果，能有效抑制99.92%病毒；房內精選榮獲《2024國際睡眠品質獎》德泰法蘭西獨立筒床墊、300織數寢具床包、在地品牌茶籽堂香氛沐浴備品、100%台灣花草調配的無咖啡因茶包、晚安儀式，放慢步調、安心入睡一夜好眠；部分房內備有瑜珈墊、教學影片、尼泊爾頌鉢組，在房間就能做瑜珈和頌鉢冥想，伸展舒緩緊繃痠痛的肌肉，開啟與自我身心靈的對話，在熱鬧的東區裡鬧中取靜，反璞歸真。

From level 7 to 16 are guest floors, each equipped with nano-grade filtered water dispensers. There are a total of 111 guest rooms, categorized into 6 different types, designed with the concept of "recalibrate" to create a serene atmosphere. The interiors feature a calm, low-saturation earth tone palette that emphasizes a return to nature, utilizing eco-friendly PP board materials.

Each room is fitted with a top-tier air purifier that includes BPI bipolar ion antibacterial technology, effectively inhibiting 99.92% of viruses. The rooms are furnished with premium mattresses from the award-winning Taiwan brand DeTai, which received the 2024 International Sleep Quality Award, along with 300-thread count bed linens. Guests will also find local brand CHA-TZU-TANG amenities for aromatherapy bathing, caffeine-free tea bags blended with 100% Taiwanese herbs, evening turndown service and more, allowing you to unwind and enjoy a restful night's sleep. Each room is equipped with

yoga mats, instructional videos, and a Nepalese singing bowl set, enabling guests to practice yoga and meditation within the comfort of their room. This experience helps stretch and relieve tense muscles while fostering a dialogue between body and mind amidst the vibrant East District, experience a genuine relief after a busy day.

嶋開安旅房價表 HOTEL UKETAMO TAIPEI TARIFF

房型 ROOM TYPE	客房面積 AREA (PING/SQM)	房間數 NO. OF ROOMS	訂價暫定 TEMP. RATE
嶋岳標準客房 City Room One-Queen	6 / 20	40	NT\$12,000
嶋岳豪華客房 City Room Two-King	10 / 33	單床 King 23 雙床 Twin 14	NT\$13,000
嶋岳三人房 City Room Three-Triple	8.5 / 28	18	NT\$14,000
嶋開套房 Retreat Suite	17 / 56	單床 King 2 雙床 Twin 3	NT\$24,000
嶋開公寓 Mindful Corner Room	12 / 40	9	NT\$16,000
嶋心無障礙客房 Accessible Twin	8.5 / 28	2	NT\$14,000

* 以上價格均需另加 10% 服務費及 5% 營業稅。
All prices are subject to a 10% service charge and 5% of tax.